

Health

Status: Feeling healthy, but would like to exercise more.

Goal: Exercise three times a week.

Activity: Pre-schedule gym classes.

Follow up: weekly or rmonthlyly

Home

Status: Happy as is, but would like to improve my bathroom.

Goal: Buy a new bathtub that matches my buildings historical style.

Activity:

Follow up: 6 month-basis

Relations

Status: I spend a lot of time with my immediate family but am missing time with old friends.

Goal: See my close friends once a week

Activity: Turn the gym into a social event and hang out before and after.

Follow up: quarterly basis

Work

Status: Consulting is good and I have recently taken a course and feel stimulated both by content and networking.

Goal: Identify a new training opportunity that enables to both network and learn new skills that strengthens my personal brand and attraction as a gig worker.

Activity: Research courses that match my development needs.

Follow up: quarterly and/or annual basis